



What Have You Done to Save a Life Today?



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PT: not a dirty word

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Physical fitness is a requirement for military service and healthy living for Soldiers, Family and Civilians.

Yes, staying fit takes discipline and effort, and you will hopefully end up sweaty, but the benefits go far beyond the exercise.

For instance: you might live longer.

Regular physical activity is one of the most important things you can do for your health.

According to the Centers for Disease Control and Prevention it can help:

- Control your weight.
- Reduce your risk of cardiovascular disease.
- Reduce your risk for Type 2 diabetes and metabolic syndrome.
- Reduce your risk of some cancers.
- Strengthen your bones and muscles.
- Improve your mental health and mood.
- Improve your ability to do daily activities and prevent falls, if you are an older adult.
- Increase your chances of living longer.

Sound like it's worth it? Sure, but it's not without risk. So exercise smart and remember what the Army Public Health Command (Provisional) has to say about physical training and injury prevention: 'Although it is recognized that the health benefits of physical activity and exercise far outweigh the risks of getting hurt, injuries are the greatest threat to our readiness across the military spectrum. Weight-bearing and exercise related activities account for 50 percent of these injuries.'

Health experts say using common sense when exercising, such as stretching to warm up prior to exercising, properly hydrating and wearing sunscreen, are important, but they don't guarantee you won't injure yourself while conducting physical training, on- and off-duty.

Injuries to the bones, muscles and tendons of the body from physical training are among the greatest health threats to our Army, said Maj. Vancil McNulty, physical therapy staff officer, U.S. Army Center for Health Promotion and Preventive Medicine.

Prevention of such injuries must be a priority for any Army leader (officer or enlisted) who professes to "take care of Soldiers," he explained in the publication 'Army Health Tips.'

The Joint Services Physical Training Injury Prevention Work Group recommends any successful injury prevention program must have four essential elements:

- Education of Soldiers.
- Leadership enforcement of unit injury prevention.
- Unit injury surveillance reports.
- Greater investment of resources in injury prevention research.

Warmer weather may call you outside for a variety of activities with family and friends, but your exercise program is best done, when possible, early or late in the day in order to avoid excessive heat or humidity. Another option is to exercise indoors and not be concerned with heat and humidity.

Another important part of all physical training is to know your limits.

For the first time since 1980, the Army's physical fitness test is being overhauled. It will be replaced by both the Physical Readiness Test and the Army Combat Readiness Test.

For additional information on the change, visit <http://www.army.mil/-news/2011/03/03/52631-pt-test-gets-overhaul/>



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IS ARMY STRONG**



